



# APRIL 2017



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[studiofitness@gmail.com](mailto:studiofitness@gmail.com)  
(in the Sports Center complex)

*\*Class schedule subject to change*

**Piloxing Barre:** Piloxing blended with Barre for a great cardio and strength workout!  
**SPINNING:** The original indoor cycling class.  
**SPINFlex:** 25 minutes of SPINNING followed by 25 minutes of TRX.  
**SPINYoga:** 25 minutes of SPINNING followed by 25 minutes of Yoga.  
**TRX:** Suspension training with your own body weight using the TRX Suspension Trainer.  
**Yoga:** Hatha based, vinyasa style  
**Zumba:** The original Latin-inspired dance fitness class!  
**Zumba Strong:** A strength-based cardio class brought to you by Zumba!  
**Zumba Toning:** All the fun of Zumba using 1.5lb toning sticks!

Mon	Tue	Wed	Thu	Fri	Sat
3/27 5:30p Zumba Strong 6:10p TRX Boot Camp 7:10p SPINNING	3/28 6:10p Piloxing 7:10p SPINYoga	3/29 5:30p Zumba 6:15p Yoga 7:10p SPINNING	3/30 4:30p Zumba Kids 6:00p TRX+SPIN 7:10p TRX+Yoga	3/31	1 9:00a TRX Boot Camp 10:00a Yoga
3 5:30p Zumba Strong 6:10p TRX Boot Camp	4 5:30p Xpress SPIN 6:10p Piloxing Barre 7:10p SPINYoga	5 5:30p Zumba 6:15p Yoga 7:10p FYI Workshop	6 5:30p Xpress TRX 6:00p Xpress Yoga 6:30p Meditation 7:10p SPINFlex	7	8 9:00a TRX Boot Camp 10:00a Yoga
10 5:30p Zumba Strong 6:10p TRX Boot Camp	11 5:30p Xpress SPIN 7:10p SPINYoga	12 5:30p Zumba 6:15p Yoga	13 5:30p Xpress TRX 6:00p Xpress Yoga 6:30p Meditation 7:10p SPINFlex	14	15 9:00a TRX Boot Camp 10:00a Yoga
17 5:30p Zumba Strong 6:10p TRX Boot Camp	18 5:30p Xpress SPIN 6:10p Zumba Toning 7:10p SPINYoga	19 5:30p Zumba 6:15p Yoga	20 5:30p Xpress TRX 6:10p Zumba Special 7:10p SPINFlex	21	22 9:00a TRX Boot Camp 10:00a Yoga
24 6:10p Zumba Special	25 5:30p Xpress SPIN 6:10p Piloxing Barre 7:10p SPINYoga	26 5:30p Zumba 6:15p Yoga 7:10p FYI Wrokshop	27 5:30p Xpress TRX 6:00p Xpress Yoga 6:30p Meditation 7:10p SPINFlex	28	29 9:00a TRX Boot Camp 10:00a Yoga